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issue 328 // 6 – 19 November 2015 // Every fortnight

Career that is taking off

Meet 500th recruit in Airport jobs scheme (p18)

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The start of winter traditionally sees a rise in people catching a cold or flu. Free flu jabs are offered to a range of people in Newham to help avoid this potentially serious illness. See some of the handy tips on how you can stay well (p8).

For the ninth year in a row Newham's young people have been to the polls and have voted 15-year-old Alex Jarrett to be our Young Mayor for the next 12 months. She is looking forward to her year in office (p12). You can also see how Newham youngsters are benefiting from the legacy of Rugby World Cup 2015 (p14).

From collecting waste to teaching, the services Newham Council offers will be brought to life in a national tweet-a-thon (p17). London City Airport are also celebrating getting more than 500 Newham residents into work (p18).

Finally, help us catch those who rubbish our borough (p27) and see how young chess players are making all the right moves (p29).

Councillor Clive Furness
Mayoral Adviser for Adults and Health

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Newham London

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IN BRIEF //

Date for by-election

A by-election for the vacant Newham Council seat for Boleyn Ward will take place on Thursday 3 December.

The by-election follows the death last month of Councillor Charity Fiberesima. Nomination papers must be delivered to the Returning Officer at Newham Town Hall, Barking Road, East Ham, no later than 4pm on Friday 6 November.

Applications for postal votes must reach the Electoral Registration Officer at Newham Town Hall by 5pm on Wednesday 18 November. Applications to vote by proxy must reach the Electoral Registration Officer by 5pm on 25 November.

Opinions on housing services

Newham Council is carrying out a survey of tenants and leaseholders to gauge opinions on housing services and discover what residents think about their property, their landlord and their neighbourhood.

The face-to-face survey will be carried out on doorsteps by interviewers from independent research agency BMG. Residents will be invited to take part on a random basis and the information gathered will be used to improve council services.

The survey will be carried out until 13 December. All callers will have appropriate identification.

Freedom Pass renewals

Residents who have Disabled and Older Persons Freedom Passes that are due to expire in March are being contacted between now and January about how to renew online.

Holders of an Older Persons Freedom Pass who don't have a computer can visit any of Newham's ten libraries to use one for free and receive support to get online. You can also pick up a paper form from libraries from January.

For more information visit **www.freedompass.org** or call **0300 330 1433** (Monday to Sunday, 8am to 8pm).

Praise for older people

Certificates are handed out

The achievements and contributions of Newham's older people were celebrated in a fun event to help them stay happy, active and healthy.

Plaistow's community neighbourhood team and Newham Council's adult social care workers staged the celebration at the Barking Road Community Centre to mark National Older People's Day. Around 130 people joined in the fun, which also included food and dancing.

Plaistow councillors helped Mayor Sir Robin Wales present certificates to older residents who were nominated by their friends and family in recognition of the time they devote to volunteering in the community. Sir Robin said: "It is important to mark the achievements of our older people while helping them to remain active members of our community."

Newham's eight community neighbourhood teams host events and workshops throughout the year to support older and disabled people. For more information call **020 3373 2809**.

Help to beat substance misuse

Cllr Furness cuts the ribbon

A new centre has been officially opened in Canning Town, that will support residents affected by substance misuse to overcome their dependence, stay safe and healthy and work towards recovery.

Newham Rise in Beckton Road, operated by charity CRI (Crime Reduction Initiatives), is a drug and alcohol recovery service commissioned by Newham Council to help people reduce criminal behaviour, improve family relationships, develop independent living skills and access job opportunities.

Councillor Clive Furness, mayoral adviser for adults and health, cut the ribbon to officially open the new hub. He said: "We must do all we can to help those who want to make positive changes in their lives."

The centre offers a range of free, confidential treatment and recovery interventions for individuals, families and carers. It includes a fully functional kitchen and computer facilities for clients. For more information call **0800 6523879**.

Services of remembrance

The 97th anniversary of the Armistice that ended hostilities on the Western Front during World War One, will be marked at a service on Wednesday 11 November at 10.45am in East Ham's Central Park.

Pupils from St Helen's Primary, St Antony's Primary, St Francis' Primary, St Michael's Primary, St Winefride's Primary, St Edward's Primary, St Joachim's Primary, St Bonaventure's, and St Angela's Ursuline schools are taking part.

Remembrance Sunday services take place on 8 November. Mayor Sir Robin Wales will attend East Ham Cenotaph where the ceremony will begin at 10.55am following a parade from the Town Hall in Barking Road.

Deputy Mayor Councillor Lester Hudson will attend All Saints West Ham Parish Church, Church Street, E15. The service starts at 10.30am. There are services at St Mark's Memorial, Factory Road, E16, at 10.55am and St Luke's Memorial, Tarling Road, Canning Town, E16, from 10.30am. For details visit **www.newham.gov.uk/remembrance**

Pupils at the 2014 Armistice Day memorial

Tribute to fallen police officer

Flowers were laid during a short service in Stratford to mark the 18th anniversary of the death of police constable Nina Mackay.

Pc Mackay, 25, was stabbed as she and others from the Territorial Support Group entered a flat in Arthingworth Street, Stratford, to arrest a suspect on 24 October 1997. She later died of her injuries.

Mayor Sir Robin Wales, Newham police Borough Commander Det Chief Supt Tony Nash, and Nick Bracken, Newham Council's commissioning director for enforcement and safety, placed tributes at the memorial erected at the block where she was stabbed.

Mr Nash said: "Nina was a colleague, a daughter, and a hero. She paid the ultimate sacrifice and will not be forgotten."

The Mayor said: "Police officers risk their lives every day to protect us. Unfortunately some pay the ultimate price. We salute their bravery and commitment and remember the courage that Pc Mackay showed 18 years ago."

The Mayor, Mr Bracken, Mr Nash and Chief Insp Billy Bowen-Long from the TSG at the memorial

Raising awareness about diabetes

Newham Council's community neighbourhood teams are hosting a series of events between 11 and 24 November to raise awareness about diabetes.

The events will highlight the support available to residents and families living with diabetes as well as offer advice about preventing diabetes for those who may be at risk.

Activities on offer include health MOTs, zumba, complimentary therapies and information and advice related to healthy eating and physical activity.

The events are taking place at the Trinity Community Centre, E12 (11 November), Stratford Library, E15 (12 November), The Gate Community Neighbourhood Centre, E7 (13 November) Plaistow Library, E13 (14 November), Canning Town Library, E16 (19 November), and Beckton Library, E6 (24 November).

A full list of activities and times is available at **www.newham.gov.uk/diabetesday** or call **020 3373 1884**.

Employment chances are taking off

Take Off Into Work is a joint scheme between Newham Council, London City Airport, and the East London Business Alliance (ELBA). It has just celebrated getting its 500th Newham resident on a path into employment and I was thrilled to be able to mark the achievement.

> "We know that work is the only sustainable route out of poverty and that is why we value the relationships we have with our local employers so greatly."

It is a great scheme that invites unemployed residents to take part in an employability training programme, including workshops on airport careers, CV and interview preparation, and work placement opportunities across airport departments and with other companies based there. All those taking part receive job interview experience and a reference from an employer, while some have gone on to secure employment at the airport.

This really is a fine example of how a partnership between a local business and a local authority can make a real difference. Through the scheme we are helping to meet the needs of the businesses at the airport, but more importantly we are preparing residents for a successful future.

It is no small feat to get 500 recruits through the programme. This milestone illustrates the joint ambition that we, our employment service Workplace, and partners like London City Airport have for the people of Newham.

We have seen huge change in recent years. The transport infrastructure that we have fought hard for is coming and more major businesses are arriving. Impressive developments continue to emerge and it shows how far the borough has come.

But it all means very little if local people are unable to access and take up these growing opportunities. We know that work is the only sustainable route out of poverty and that is why we value the relationships we have with our local employers so greatly.

It is a simple formula. Find out what local employers expect from their workforce and support our residents to gain the skills required to meet those needs. That is why Take Off Into Work has been so successful.

We remain committed to help Newham residents achieve their potential. I offer huge congratulations to all those who have taken off into work.

Successful residents with from left, Cllr Ken Clark, London City Airport chief executive Declan Collier, the Mayor and ELBA chief executive Liam Kane

Mayor's view

Remembering all who have fallen

Paying our respects to Pc Nina Mackay

At this time of year when we remember those from our armed services who died in two world wars and conflicts since, we must also never forget others who have lost their lives in the line of duty.

Police Constable Nina Mackay died 18 years ago while carrying out her duty protecting and serving the public. She had joined the police service in 1992 and came from a family with an illustrious police background.

She was attached to the Territorial Support Group and thought of highly on a personal and professional level. On 24 October 1997 together with colleagues, she went to an address in Stratford to make an arrest. The suspect attacked her with a knife. Sadly Nina died in hospital from her injuries.

To mark the anniversary of her death I joined Newham's police officers in placing flowers at the spot where she was attacked. It was right that we remembered her, but also other police officers across the country, including most recently Pc David Phillips in Merseyside, who have given their lives in the service of others.

Older people show us the way

Praising our older people with Cllrs Forhad Hussain, Neil Wilson, Aleen Alarice and James Beckles

Winter is also the time to be more aware of our older neighbours or relatives, especially those living alone or who have serious illnesses, to make sure they are safe, warm and well.

If they are active we should encourage them to get involved in the activities that are organised by our eight community neighbourhood teams. They host events that can help and support older people to keep active, live safely, enjoy good health and stay involved.

One such event was the celebration at the Barking Road Community Centre in Plaistow to mark national Older People's Day. We handed out certificates to show how much we appreciate those who volunteer to play an active part in where they live.

We should be rightly proud of our older people and appreciate those who have overcome a serious challenge and showed courage and determination to inspire others. Their zest for life, achievements, selflessness, and desire to make a difference to other people's lives, should be a lesson for all of us.

with Sir Robin Wales

Give winter the

Winter can be a trying time both mentally and physically. The days are darker, colder and shorter and our bodies become more susceptible to all kinds of winter nasties like a cold or flu.

While it sounds tempting just to stay inside and hide from it all, being proactive about our health and wellbeing will help ensure we make it through the months ahead cold and flu-free.

Preventing flu

This time of year traditionally sees a rise in infectious diseases, including flu. Free flu jabs are offered to many Newham residents to help avoid this contagious and potentially serious illness.

The NHS Newham Clinical Commissioning Group (CCG) and Newham Council advise those at the greatest risk of complications from catching flu to take up the offer of a flu jab. The vaccine is updated every year to fight the latest strains of the illness, so even if you had a jab last year, it's important you have this year's one too.

The NHS makes the flu vaccine available to:

- **People aged 65 or over**
- **Pregnant women**
- **People with a long term condition such as a heart problem, diabetes, kidney disease, liver disease, a chest complaint or breathing difficulties including bronchitis or emphysema**
- **People with a weakened immune system – for example patients taking steroids or undergoing treatment for cancer**
- **All children aged between two and four – for young children, the vaccine is given via a nasal spray**
- **Carers for an elderly or disabled person whose welfare may be at risk if the carer falls ill.**

GP Prakash Chandra, chair of Newham CCG, said: If you are part of any of the groups identified as being at a greater risk of flu, then you should get a flu jab. It's safe, it's free, and it can't give you flu."

Councillor Clive Furness, mayoral adviser for adults and health, has had his annual flu jab. He said: "It's important those who are the most susceptible to flu take up their free jabs. It will also help ease the pressure on our health services during the winter. It only takes a few seconds and could be the difference between staying healthy this winter or becoming seriously ill."

Dr Chandra and Cllr Furness with Juanita Deschamps and her two-year-old son Darnell, who was given the vaccine

cold shoulder

Staying warm during winter

A cold home could affect your health. One of the best ways of keeping yourself well during winter is to stay warm:

- **Make sure you are receiving any benefits you are entitled to such as the Warm Home Discount, the Cold Weather Payment and the Winter Fuel Payment**
- **Draw your curtains at dusk and keep your doors closed to block out draughts**
- **Have regular hot drinks and eat at least one hot meal a day if possible to keep your energy levels up**
- **Wear several light layers of warm clothes (rather than one chunky layer)**
- **Keep as active in your home as possible**
- **Wrap up warm and wear shoes with a good grip if you need to go outside on cold days**
- **Keep your bedroom at 18°C (65°F) and main living room at 21°C (70°F)**
- **Heat the living room during the day and the bedroom just before you go to sleep if you can't heat all the rooms you use.**

Preparing your home

You can also make sure your home is ready for winter by:

- **Insulating your hot water cylinder and pipes**
- **Make sure your loft has at least 10-11 inches (270mm) of insulation. If you have wall cavities, make sure that they are insulated too**
- **Service your boiler to make sure it's safe and working properly. Always use a Gas Safe Registered engineer**
- **Make sure your smoke alarm is working. Fit a carbon monoxide detector if you don't have one**
- **Make sure you know where the mains water stop valve is so that you can turn it off in an emergency**
- **Check that electric fires are properly guarded**
- **Check that flexes on electrical appliances are undamaged and adaptors are not overloaded.**

For more information about keeping well this winter visit www.nhs.uk/nhshealthcheck or www.newham.gov.uk/winter

WESTERN GATEWAY

A PUBLIC EXHIBITION

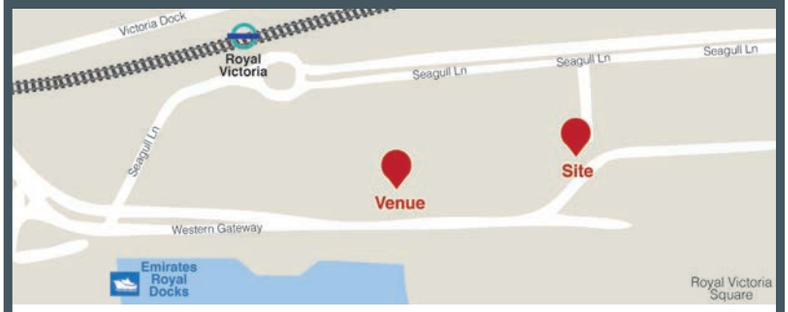
Mount Anvil is a Central London specialist residential led developer with over 20 years of experience building homes and communities in the capital.

We will be holding a public exhibition on proposals to bring forward a residential led development at a vacant site situated off the Western Gateway.

Our proposals will deliver new homes in a building appropriate to the character of the area and has the potential to provide new office or retail space on the ground floor.

We would like to invite you to view our plans and give your feedback before a planning application is submitted to the London Borough of Newham.

Thursday 19 November: 4pm-8pm
Saturday 21 November: 10am-2pm



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YOUNG MAYOR ALEX

For the ninth year in a row Newham's young people have been to the polls and have voted 15-year-old Alex Jarrett to be our Young Mayor for the next 12 months.

Following weeks of campaigning, Alex, a student at Lister Community School in Plaistow, was elected as the official voice of the borough's young people with 1,724 votes – the highest personal vote for a winning Young Mayor in Newham.

Among her manifesto promises was to provide advice and counselling on various issues including mental health. She also wants more work experience for young people, more spaces to go and revise, a summer festival for young people, and more sport and leisure activities.

> **"I cant wait to make a change. I want to create an atmosphere where everyone is welcome."**

There were 22 candidates this year and 20 schools, colleges and sixth-forms took part, the highest number ever. In total 13,687 pupils who live, work, or study in Newham cast their votes, meaning 73 per cent of all 11 to 18-year-olds eligible to take part, had their say.

Alex will be allocated a budget of £25,000 by Mayor Sir Robin Wales and councillors. She and the Youth Council will decide how the money is spent, including community projects offering activities for young people.

Alex said: "I'm shocked but very proud and I'd like to thank my campaign team. It is a massive honour to be elected Young Mayor. I will work hard to ensure young people have a voice and to build on the success of previous Young Mayors. I will make my manifesto happen.

"I'm looking forward to working with the Youth Council. I don't believe in false promises at all. I cant wait to make a change. I want to create an atmosphere where everyone is welcome."

Mayor Sir Robin Wales congratulated Alex at the election count at the Old Town Hall in Stratford. He said: "We have the youngest population of any borough and I'm always heartened by their passion for politics. I congratulate everyone who put themselves up for election – it is not an easy thing to do.

"Giving our young people the opportunity to get involved in the issues affecting them and shape local policies can only be a good thing for them and Newham as a whole. We are one of only a handful of councils to run a Young Mayor scheme and its success is a testament to the hard work of staff in our schools and colleges. I thank them for their support and look forward to working with Alex and the Youth Council over the coming year."

Alex and the next top ten candidates will form Newham's Youth Council, plus an additional ten appointed through a self-nomination process. There will also be four advisory boards that non-elected candidates can be part of.

To find out more about the Young Mayor programme visit **www.newham.gov.uk/youngmayor** or follow the Young Mayor on **Twitter @ym_Newham**

The ten candidates set to form the Youth Council are:

- Joseph Mudiandambu, 15, Brampton Manor Academy, E6
- Suginthan Sivakurunathan, 16, Cumberland School, E13
- Vidhee Jagatia, 14, Forest Gate Community School, E7
- Chelsea Nascimento, 15, Kingsford Community School, E6
- Jeevithaa Gnanakumar, 15, Langdon Academy, E6
- Louis Baxter, 16, Little Ilford School, E12
- Kalyna El Kattas, 16, London Academy of Excellence, E15
- Aaron Thomas-Gordon, 16, Rokeby School, E16
- Sahvana Tia-Storm Fontaine, 17, St Angela's Sixth Form College, E7
- Aisha Balhweesal, 15, The Royal Docks Community School, E16

HAS THE X FACTOR

Much of this year's election campaign was carried out on social media. Here's how people reacted when the result was announced:

East London Diabetes (@Sarah_Finer)
Congratulations to the new @ym_newham @NewhamLondon. Good to hear you are putting health on your agenda

Rokhsana Fiaz (@rokhsanafiaz)
With a 73% turnout (representing over 13,000 votes cast!) we've got a fantastic female winner for @ NewhamLondon @ym_newham! @_alexjarrett

Anthony Wilson (@ListerHT)
Congratulations Alex - sure you'll be a great Young Mayor!

Reuben Christian.com (@reubenchristian)
Big shout out to Alex, the new Young Mayor of Newham and all the other candidates! Keep progressing

Lister School (@ListerSchool)
We are extremely proud of our Deputy Head Girl @_alexjarrett, the new Young Mayor of Newham!

LEGACY FROM A WORLD IN UNION

There's nothing like a World Cup tournament in any sport to inspire people to get involved. Hosting Rugby World Cup 2015 has shown Newham's residents that Rugby Union is a game for everyone.

Newham Council is working with Rugby World Cup 2015 organisers England Rugby 2015, the Rugby Football Union (RFU), and East London Rugby Football Club (RFC) to ensure interest in the sport continues now that the global spectacular has left town.

The five matches at the former Olympic Stadium were seen by more than 250,000 supporters. More than 70,000 people flocked to fun activities in the Newham Fanzone in Queen Elizabeth Olympic Park and to watch matches on a giant screen.

> **"It's the values of the game that are important – teamwork, respect, enjoyment, discipline and sportsmanship. That's what Rugby is all about."**

As part of the legacy investment, East London RFC in Memorial Park, West Ham, have had floodlights installed, pitches upgraded and the clubhouse given a makeover. A youth programme is being delivered under the banner of Newham Knights, with coaches from the club teaching Rugby in primary schools, on Sunday mornings and during school holidays. There is also specialist tuition for children with special educational needs (SEN).

Jason Leonard, England's most capped player and a member of England's 2003 Rugby World Cup winning side, said: "The Tournament has been fantastic. It has been the best World Cup so far with more people watching in stadiums than ever before. It is also the biggest global TV viewing audience we have ever had."

In his role as RFU President, Jason visited Rokeby School in Canning Town, to award them a Gold Standard award from the RFU for their work in introducing Rugby to its students. Having joined the RFU's All Schools programme in 2012, all year groups at Rokeby now play Rugby, Students have received kit and equipment and a number have joined East London RFC. Teachers have also completed RFU coaching courses.

Jason said: "It's fantastic to see the impact the sport is having on the school. The All Schools programme has helped to make school life happier and healthier by encouraging learning and improving students' confidence and their self-esteem. I'm sure as Rokeby carries on building their Rugby programme they will continue to go from strength to strength on the pitch and in the classroom.

"East London Rugby Club are also doing a great job in inspiring young boys and girls to play the game in a community that is dominated by soccer with West Ham United just down the road.

"All shapes and sizes can get involved. Whether you are small or tall, slow or fast, young or old, anyone can play. That's the beauty of the game. To get boys and girls playing and having fun with their mates is great. Hopefully some will eventually join East London and be part of a wider Rugby family.

"Friends you make at a Rugby club are ones you make for life. That is the real legacy of Rugby World Cup 2015. There is no exclusion in our sport, only inclusion. It's the values of the game that are important – teamwork, respect, enjoyment, discipline and sportsmanship. That's what Rugby is all about."

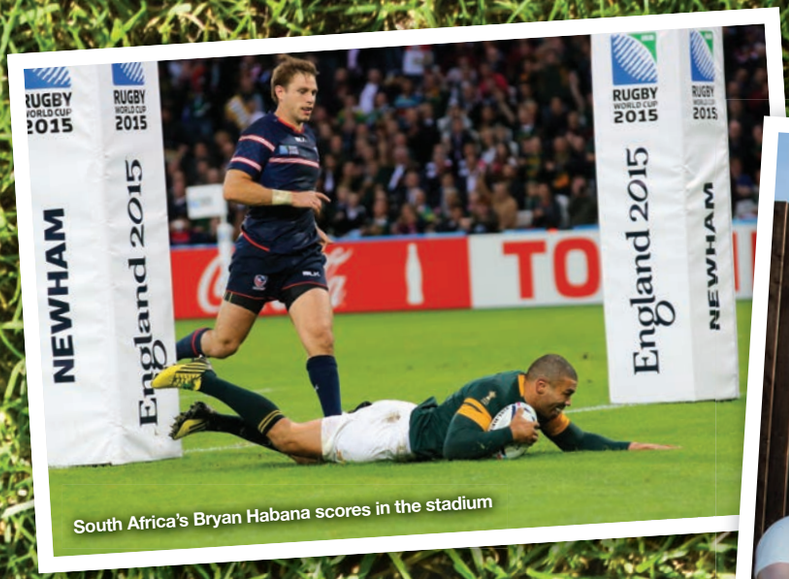
East London RFC is in Memorial Park, 71 Holland Road, West Ham E15 3BP. The nearest Tube station is West Ham, less than five minutes walk away. All abilities and ages welcome. Training sessions during season:

East London RFC
Tuesdays and Thursdays 7pm-8.30pm. Matches played on Saturdays

East London Ladies
Wednesdays 7pm-9pm
Matches played on Sundays

Newham Knights
Sundays from 10am-12pm.

For more information call **07780 185205**, email **eastlondonrugbyclub@hotmail.com** or **newhamknights@gmail.com** or visit **www.pitchero.com/clubs/eastlondonrfc**



South Africa's Bryan Habana scores in the stadium

Rokeby School

Jason Leonard

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Parking permits, bin queries and bulky and garden waste collection service requests are now online only.

Our Day is your day

From collecting waste to animal welfare, and teaching to trading standards, the hundreds of vital services that Newham Council offers will be brought to life in 140 characters in a national tweet-a-thon on Wednesday 18 November.

Councillors and staff will tweet using the hashtag #OurDay, to offer residents an insight into the hundreds of jobs Newham does every day. During #OurDay last year more than 8,000 twitter accounts nationwide participated, sending more than 10,000 tweets and reaching three million people. Newham Council tweeted more than 60 messages.

#OurDay has been organised by the Local Government Association, which represents more than 370 councils in England and Wales, and the Knowledge Hub.

Mayor Sir Robin Wales said: "Day in day out our staff provide residents with hundreds of services that are at the heart of helping our borough. #OurDay is a chance for residents to understand the vital work we do in the community and to look beyond the obvious like collecting bins, foster carers and teaching."

Newham Council's chief executive Kim Bromley-Derry said: "It is important that councils explain what they do and that residents get a chance to hear some of the stories behind the huge variety of vital work that is put into practice from Town Halls up and down the country on a daily basis.

"Councils make a real difference in their communities, but much of what we do is out of sight, like helping vulnerable children. #OurDay is a chance to reflect on 24 hours in the life of a council, from providing care for the most vulnerable in our community to cleaning our streets.

"I hope as many residents as possible get involved by retweeting the good work that is going on their doorsteps. Newham Council and other local authorities are the most open and transparent part of the public sector and using social media is an easy and effective way for us to communicate with residents."

If you want to be involved follow @NewhamLondon on Twitter and look out for #OurDay tweets throughout Wednesday 18 November.

A scheme designed to help Newham residents into work has reached a major milestone, placing its 500th recruit into a job.

Successful residents on the scheme

Take Off Into Work was launched by London City Airport, Newham Council's employment service Workplace and the East London Business Alliance in 2009, providing work experience, trials and classroom-based training to residents aged over 16, with the opportunity to secure employment with London City Airport or one of its many onsite partners.

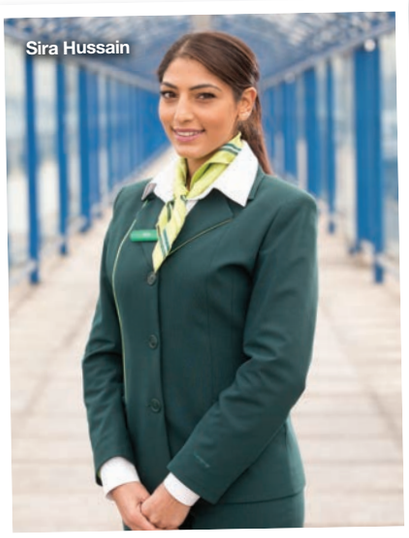
The scheme is a shining example of the important role the private sector can play in helping people into jobs. Successful candidates have secured jobs in departments across the airport including customer services, security, airfield operations and human resources, as well as with other onsite employers including airline cabin crew, passenger handling, foreign exchange bureau, duty free retail and cafe and restaurant outlets.

Sira Hussain from Beckton is the 500th person to find employment through Take Off Into Work. She has joined Europcar as a rental sales agent and customer service champion, where her job is to promote the car hire service and deliver first class customer service.

After going through redundancy, Sira heard about Take Off Into Work from a friend who had found work through Workplace. With ten years' experience in the health and fitness industry, including working across all Newham leisure centres, Sira was an ideal candidate for a customer facing role.

She said: "I recommend Take Off Into Work to my friends who are seeking employment. Staff at Newham Workplace are very friendly and really care about finding their candidates the right job, suitable to their skills. I was offered many opportunities which I am very grateful for."

Anthony Angol joined London City Airport through Take Off Into Work in 2010 as a customer services officer. He now works in the airport's corporate social responsibility team, leading on training and employment programmes with the local community, including running the Take Off Into Work scheme itself.


Sira Hussain

Anthony Angol

Work scheme has **really taken off**

He said: “Living locally, I overheard somebody talking about a scheme at the airport that had helped him to find a job. I asked him about it, applied and was successful. Five years later I now manage the scheme that got me here in the first place, and there are hundreds more stories like mine.

“London City Airport is an international airport but it has never lost its heart as a local Newham business. Take Off Into Work offered me a chance and opened doors that would have been closed to me otherwise.”

> “We know that the best way of helping our residents to build their resilience and succeed is to give them the opportunity to learn the skills needed to get into employment.”

Mayor Sir Robin Wales was a driving force behind the scheme’s implementation. Commenting on the milestone he said: “With London City Airport and the council’s employment service Workplace, our residents have had a unique opportunity to get into careers they may never have even dreamed of.

“We know that the best way of helping our residents to build their resilience and succeed is to give them the opportunity to learn the skills needed to get into employment.

Celebrating the 500th recruit into a job

Working with the borough’s flagship employers we have helped more than 26,000 people get into work since 2008. I’m delighted London City Airport has helped 500 people take off into work, and we look forward to continuing this success in years to come.”

Declan Collier, chief executive officer of London City Airport, said: “As one of the largest employers in Newham, the airport is extremely proud to have been able to help 500 local residents into employment.

“Jobs, training and education are the key pillars of our commitment to the community and Take Off Into Work is our flagship scheme. Aviation is an extremely exciting industry to work in. Jobs can follow many different paths and I look forward to following the careers of our successful candidates as they develop.”

To discover more about the Take Off into Work scheme and Newham Council’s employment service Workplace visit www.newhamworkplace.co.uk or call 020 3373 1101. For information about jobs visit www.londoncityairport.com/AboutAndCorporate/page/LocalEmployment

Newham in pictures

1 It's a celebration! Dance, music, food and relaxation was the order of the day at Barking Road Community Centre, E13, to mark National Older People's Day. **2** Pass master! Former England star Martin Offiah MBE joined players from Newham Dockers, based in Memorial Park, E15, for the first ever Rugby League training session at the former Olympic Stadium. **3** A new chapter! Young readers enjoying the world of books at Manor Park Library, E12. **4** Saddle up! Newham councillors Forhad Hussain, Ken Clark and Susan Masters joined young BMX riders at a fun day in Gooseley Park, E6, to launch a refurbished BMX track. **5** Top class effort! Pupils from Salisbury Primary School, E12, received a certificate from Manor Park Community Neighbourhood for helping celebrate United Nations International Older People's Day. **6** Music to the ears! Ranelagh Primary School, E15, received a Music Mark award from the National Association for Music Education to recognise the school's commitment to music as part of a balanced curriculum.

Public Health England

NHS

Have you still not had your flu jab?

If you're 65 or over or you have an existing health problem, flu can be dangerous.

That's why you're eligible for a free flu jab.

Don't put it off. Contact your GP to make an appointment straight away.

STAY WELL THIS WINTER

nhs.uk/staywell

Newham London

Newham London

Share your views and help improve Newham through better connections and neighbourhoods for local people.

PASTA
PHYSICAL ACTIVITY THROUGH SUSTAINABLE TRANSPORT APPROACHES

You can earn rewards for your time.

www.newham.gov.uk/pasta

This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602624-2

Health and wellbeing café

Free

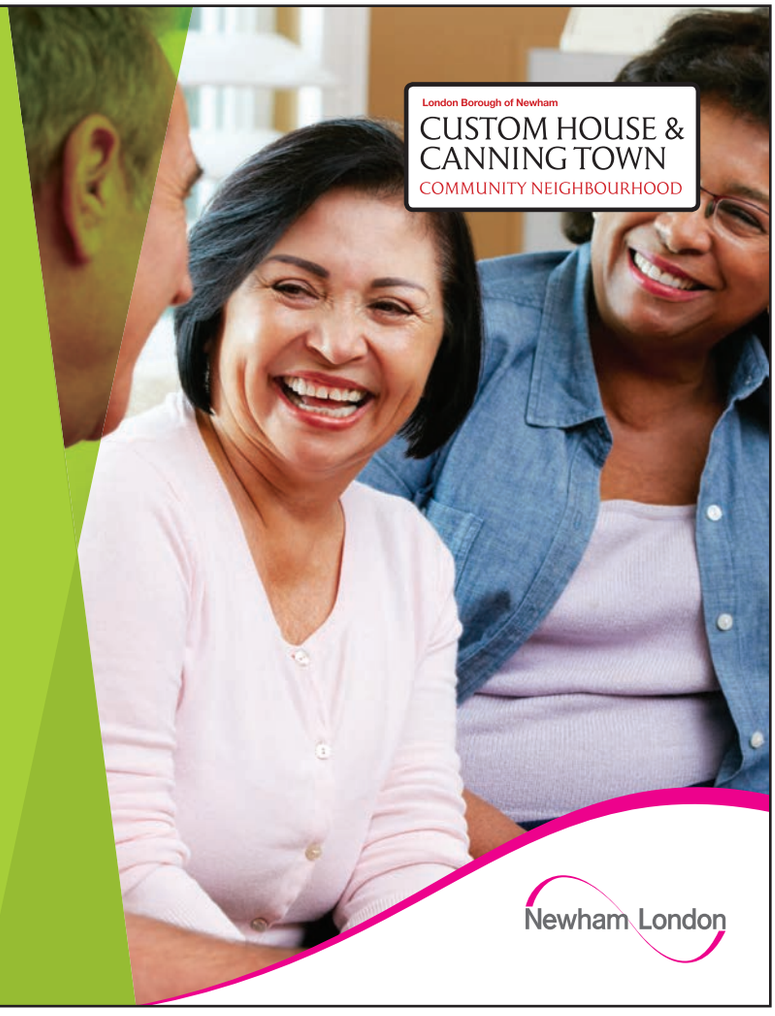
Come along for free advice and support about how to improve your health and wellbeing.

Events take place at **2-4pm** on the following dates:

Men's Health Awareness
Thursday 19 November
Canning Town Library, Barking Road, E16 4HQ

Healthy Christmas
Thursday 17 December
Canning Town Library, Barking Road, E16 4HQ

For more information please contact Leila Lawal on **Leila.Lawal@newham.gov.uk** or **07773 641 259**



Newham London

The 2014 Race of Champions in Barbados

Fast *and furious*

Petrol-heads are in for a treat when at least seven past and present stars from the world of Formula One battle it out in Race of Champions 2015 at the former Olympic Stadium on 20 and 21 November.

Sebastian Vettel, Daniel Ricciardo, Romain Grosjean, Nico Hülkenberg, Felipe Massa, Nelson Piquet Jr and David Coulthard are already confirmed starters with others expected to join the party.

But that's not all because the Mercedes AMG Petronas team, the 2015 Formula One World Champion Constructor for the second year in a row, will bring one of their race-winning cars for a demonstration run to dazzle the crowds with burnouts, donuts and more.

Race Of Champions is an annual contest, which has been running for more than 25 years. It brings together some of the world's greatest drivers from motor sport's major disciplines including Formula One, Le Mans, Rallycross, Touring Cars and MotoGP and sets them free to battle head-to-head in identical machinery.

The event is run over two days. The ROC Nations Cup takes place on the evening of Friday 20 November when drivers pair up in teams based on nationality to bid for the title of World's Fastest Nation.

On the afternoon of Saturday November 21 it's time for the Race Of Champions itself, when teamwork goes out of the window and it's a flat-out battle for individual glory as Champion of Champions.

In recent years ROC has visited the Stade de France in Paris, Wembley Stadium and the 'Bird's Nest' Olympic Stadium in Beijing, but now the iconic home of the 2012 Olympic Games and Paralympic Games will thrill to the sound of engines.

ROC president Fredrik Johnsson said: "We're delighted to welcome the race-winning Mercedes Formula One car. If you want to sample the sights and sounds of motor sport, there will be no better place than an enclosed environment like the former Olympic Stadium. Be prepared to be dazzled."

Tickets for Race of Champions 2015 are available via www.raceofchampions.com or for more information see Race Of Champions on Facebook plus @raceofchampions and #ROCLondon on Twitter.

Making the news

Kiran Kaur is a reporter and newsreader for KMFM, a radio station covering Kent. Aged 24, she was nominated as Outstanding Young Journalist for the Asian Media Awards 2015, held at a ceremony in Manchester.

Born and raised in Plaistow, Kiran attended Eastlea Community School in Canning Town, before studying for a degree in Journalism at City University London.

After graduating, Kiran quickly landed her first job. She said: "I graduated in July 2012 and from there I got a stint working for the Olympic Broadcasting Services, for the 28 days of the Olympic Games." Kiran also volunteered as a Team London Ambassador, one of 8,000 volunteers helping visitors to the Olympics find their way around and make the most of the Games. Then followed an eight-month stint at Sunrise Radio in West London before Kiran began her job at KMFM in September 2013.

Kiran said: "I'm based at our offices in Medway, which is about a 45-minute drive from my home in Plaistow. I am a newsreader, but a lot of my role is reporting. I work on a range of stories, so I could be covering a serious crime like a murder, or something on the lighter side of the news, like the opening of an amusement park. I like going out and meeting people in the community, and it means that every day is different – Kent is a huge area and I get to see it all.

"When I was younger I had jobs around Newham, the area I grew up in, so it felt like throwing myself in at the deep end when I took this job in Kent, but now I know the area as well as I know East London."

> **"I like going out and meeting people in the community, and it means that every day is different"**

Kiran is the youngest member of her team, something she describes as typical for her career. She said: "In all the jobs I've had, I have tended to be the youngest. While I was studying in my first year at university, I became the editor of a magazine called Live, which was targeted at young people in East London. I saw an advert looking for young people interested in journalism and went with my CV for a chat. By the end of that day I was writing my first feature, and a couple of weeks later I was appointed editor. At the age of 18 I was juggling editing the magazine with a job in retail and my studies at university.

"While working at Live, I had mentors who were experienced in the industry, and so they could give me guidance and advice, which was helpful. I stepped down at the start of my second year, so that I could really focus on my degree, but it was an amazing experience and gave me a massive step forward. The magazine is still being put out today, but it's moved from East London to Brixton."

> **"It can be pressurised doing live stories, if there's news breaking and you have to turn it around for the top of the hour, but I think I thrive off that pressure."**

Looking to the future, Kiran would love to one day work as a journalist back in her home town, covering Newham. She said: "I get recognised a lot when I go out on stories in Kent, so people talk to me. They'll say they listen to me on the radio, or they've seen a story we've covered. That's really nice, but one day I would like to work for a London station, because I'd like more people where I'm from to be able to hear me. But having said that, there aren't really any downsides to the job. It can be pressurised doing live stories, if there's news breaking and you have to turn it around for the top of the hour, but I think I thrive off that pressure."

LONDON COUNCILS

Newham London

FreedomPass

Applications and renewals for 2016

Information about new applications and passes due to expire on 31 March 2016

Disabled Persons Freedom Passes

Between November 2015 and January 2016 Newham Council will contact you with details of how to renew your Disabled Persons Freedom Pass so it is ready for April 2016. **You do not need to contact anyone at this stage**.

Older Persons Freedom Passes

You will be contacted by London Councils in January and reminded to apply online. **There is no need to contact anyone at this stage**.

If you don't have access to a computer then you can visit any of Newham's ten libraries to use a computer for free and receive support to get online. If you're unable to apply online then you can pick up a paper form from any of Newham's ten libraries from December.

More information

For more information or to find out if you're eligible for a Freedom Pass visit **www.freedompass.org** or call **London Councils** on **0300 330 1433** (Monday to Sunday, 8am to 8pm).

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MATHS - ENGLISH - SCIENCE www.knowledge-box.com

workplace
Creating a better future

Newham London

Need some cash in time for Christmas?

Workplace are currently recruiting for more than 1,000 seasonal vacancies at Westfield Stratford City and across London.

There are part-time and full-time opportunities, temporary and permanent roles on offer in lots of different industries including retail, hospitality and security.

Find out more by:
Calling us between 9am-5pm to get registered on
020 3373 1101.

You can also register online at
www.newhamworkplace.co.uk

Or visit us at:
Newham Workplace
Boardman House
64 Broadway
Stratford
E15 1NT

Don't let litterbugs rubbish Newham

Newham Council takes anti-social behaviour very seriously. Fly-tipping and littering are criminal offences and every month we take people to court who have littered, dumped or made a mess in the borough.

Though it is only a small minority of people committing these offences, this behaviour is damaging to our environment and our local communities. We are currently having to spend more than £8 million each year cleaning up fly-tips. In the face of severe Government cuts, the council has to make savings of £50 million over the next year.

Fixed Penalty Notices (FPNs) can be issued to residents and visitors for a range of environment crime offences, including fly-tipping and flyposting, waste in front gardens, littering and illegal street trading. Unfortunately, there are offenders who believe they're above the law and fail to pay their fines.

The pictures on this page show people we want to question about anti-social behaviour offences. If you recognise anyone please call **020 3373 4479** and quote the reference number beside the picture.

To the people pictured here, our message is simple – we will use every power at our disposal to track you down and prosecute you, including publishing a photograph of you if we need to establish your true identity. Contact us now to pay your fixed penalty notice, as you may be ordered to pay a far higher price by the courts when you are prosecuted.

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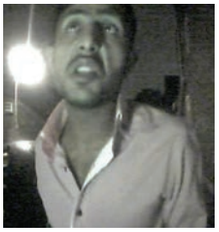
Ref: 90016033

Ref: 90020610



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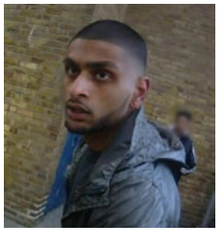

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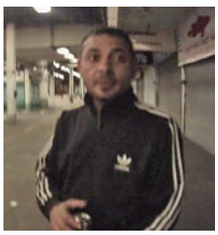

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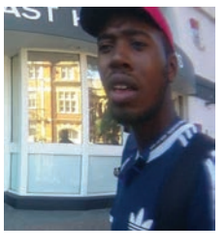

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Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- **you will not be required to provide your name**
- **you will not be required to leave your contact details**
- **you will not have to make a statement**

Don't put up with rubbish. Don't drop it and if you see it report it. To get it cleared up report it online at www.newham.gov.uk/MyNewham or download the Love Newham app by visiting www.newham.gov.uk/lovenewham

Call 020 3373 4479 and quote the reference number beside the picture.

CAUGHT ON CAMERA

Newham London

You can RECYCLE all these PLASTIC items from around your home

good to know

Top tip:

Remember to **remove** and put **trigger spray** and **pump dispenser tops** in your rubbish bin.

good to know

Plastic bottles can be recycled into footy shirts, fleeces and new plastic bottles.

If you are unsure about any items or want to check a collection day visit **www.newham.gov.uk/recycling**

recycle for London

Making the **right moves**

Chess is a wonderful way for young people to build their confidence, concentration, and problem-solving skills. In Newham, the board game which dates back to the 6th Century is having an impact.

Chess in Schools and Communities (CSC), a registered charity whose mission is to give every primary school child the chance to learn how to play, has partnered with Newham Council to introduce it to schools, libraries and community spaces.

Mayor Sir Robin Wales showed off his moves at The Gate Community Centre, Forest Gate, in an online game against Mike Ryan, the Mayor of Sunrise in Florida, to showcase the benefits the game has on children's education.

Florida's Broward County, including the city of Sunrise, was recently named Chess City of the Year by the United States Chess Federation. Mayors from across the county invited their counterparts from other parts of the world to take part in a game. Schoolchildren from the respective areas also played each other. Pupils from Park Primary, Keir Hardie Primary and Ravenscroft Primary schools represented Newham.

Sir Robin said: "Chess helps children develop their concentration, logical thinking, numeracy, problem solving and social skills. I want every Newham child to have the same chances to develop academically and socially as children in wealthier parts of the country. Chess is a fantastic way of developing the focus and discipline that can then translate into their school work.

"I have never played chess against someone on the other side of the world before but events like this are a fun and great way of showcasing the benefits of the game."

Mayor Mike Ryan said: "I was so impressed by the shared dedication of Sir Robin in promoting the academic and social benefits of chess.

"This fun online challenge is about exposing chess to as many people as possible and bringing elected leaders together in support of scholastic chess. Chess crosses all boundaries – on the board everybody is equal."

The match was declared a draw. Anyone wanting more information about Chess in Schools and Newham Council's Every Child initiatives should visit w**ww.newham.gov.uk/everychild** or **www.chessinschools.co.uk**

Dates for your diary at Plaistow library

Plaistow Community Neighbourhood has planned a series of coffee mornings to keep residents informed about health and adult social care issues. Pop down to the library on North Street, E13, during 10.30am-12noon on the following Tuesdays:

17 November 2015 – Tastes around the world. Try different teas from around the world and tell us your experiences and recipes

15 December 2015 – Christmas activities and mince pies

19 January 2016 – Healthy lifestyle. Make this year a new start for your health and wellbeing

16 February 2016 – Fraud awareness. Stay safe online, recognise different fraud scenarios, protect your personal and security information and what to do if you a victim of fraud

15 March 2016 – International Women's Day

For more information, call Habiba Ali on **07812 675 216** or email **Habiba.AliASC@newham.gov.uk**

London Borough of Newham
PLAISTOW
COMMUNITY NEIGHBOURHOOD

Rewards for school's nature garden

Maryland Primary School in Stratford have been awarded two gold awards for their Nature Garden, created over the summer. The London Children's Flower Society, established in 1906 to encourage city-dwelling children to take an interest in gardening, awarded the prizes.

Lorna Jackson, (left), and Anastasia Boreham (right) with Alan Titchmarsh at the prize-giving ceremony

In the course of creating the garden, every one of Maryland's 450 pupils was involved with planting seeds, producing flowers, potatoes, sunflowers, courgettes, herbs, radish, beetroot, cucumbers, and much more to impress the judges.

Head teacher Lorna Jackson and assistant head teacher Anastasia Boreham were invited as gold award winners to the prize-giving event at London's Guildhall. At the event, TV gardener Alan Titchmarsh expressed appreciation at how much work the school is doing to promote a love of nature and promised a visit. He was also intrigued that Maryland Primary has established a beach inside their garden area for children to enjoy in the summer months.

GET INTO GEAR WITH A HEALTH MOT

People living in Canning Town are invited to free health-related coffee mornings, to make sure they're keeping themselves in top condition.

The first event is on Thursday 19 November at Canning Town Library, Barking Road E16 between 2-4pm, and is focused on men's health. The second event, also at the library, is on Thursday 17 December between 2-4pm, and focuses on how you can have a healthy Christmas.

Come along to either event to learn where you can access advice, support and knowledge about health and wellbeing services in your community. Get active with free ping pong and exercise sessions, enjoy a delicious smoothie, or just get a general health MOT. Refreshments will be provided on the day.

Be a lifesaver

Residents can learn life-saving skills on a Heartstart courses from the British Heart Foundation. Free to attend, the courses can teach you CPR and other emergency life saving skills.

Sessions will be held on 11, 18 and 25 November, 2, 9 and 16 December, 20 and 27 January and 3 and 10 February at NewVic College, Prince Regent Lane, E13. All sessions will run from 2pm for approximately two hours, and upon completion of the course, participants will be awarded a Heartstart certificate and will be able to train other people to save lives.

To book your place or for more information contact Habiba Ali on **020 3373 2809** or email **Habiba.AliASC@newham.gov.uk**

Speaking up for women and girls

Newham Asian Women's Project and Two Monkeys TV are working alongside the Theatre Royal Stratford East to present the charity fundraiser: EmpowerHouse – A Performance of Shorts Plays and Poetry in Celebration of the Empowerment of Women and Children.

This event will take place on Monday 9 November, at 7pm, and falls before 16 days of action to raise awareness of violence against women and girls.

Hosted by Meera Syal and directed by Milli Bhatia, the event at Theatre Royal Stratford East, on Gerry Raffles Square, showcases new material from women calling for social change.

Book your tickets now for an exciting evening of non-violent communication and activism.

To book your tickets call **020 8534 0310** or book online at **www.stratfordeast.com**

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry

Gallery

Aniqah Ahmed, 14

Afrida Kabir, 8

Anisah Ahmed, 8

Gayathri Chandian, 9

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Theatre Square, E15

Poem

Keep Newham clean!

Keep the borough clean,
Keep Newham green!
Keep the borough clean,
Keep Newham green!

Clean up the streets
So we can beat
This harmful problem
And stay neat!

Keep the borough clean,
Keep Newham green!
Keep the borough clean,
Keep Newham green!

Everybody can help
To help out
And when we're done
We can shout
Keep Newham clean!

Yusuf Ahmed, 10

Colour-me-in Wordfit

3 letters
BED
EGG
HER
ICE
OVA
PIG
TOY

4 letters
BEST
DASH
DEAL
EDIT
LAGS
LIPS
OOZE
PLOT
QUAY
SOAP
TOLL
TSAR
YELP
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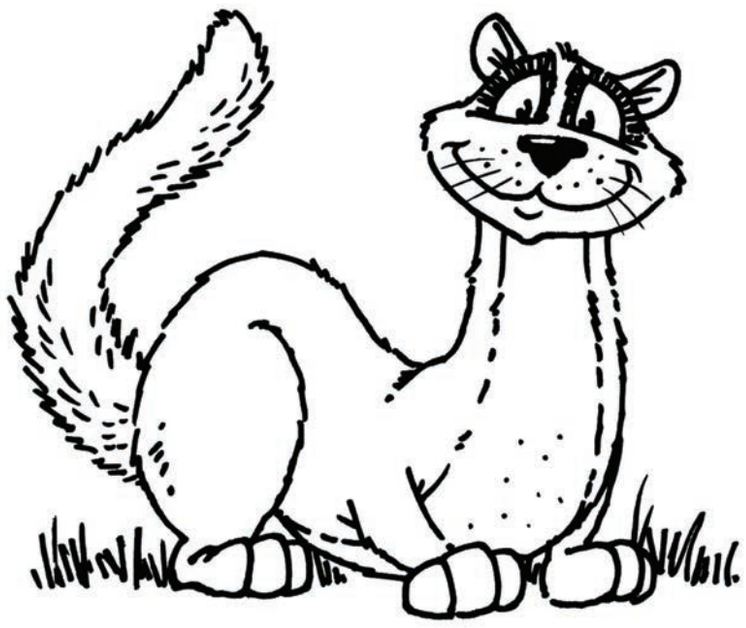

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WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1. **Caritas House Annual Fete** – Sat 14 Nov, 10.30am-2pm. Stanley Holloway Court, Coolfin Rd, E16 3EL. Bric-a-brac, tombola, raffles, new and second hands goods for sale, tea and coffee on sale. Free entry.

2. **The Glass Factory @ Red Door Studios** – Sat 14 Nov, from 4pm. Red Door Studios, Masterman Rd, E6 3RW. An eclectic evening of alternative music and performance. Free entry.

3. **Autumn Tea Dance** – Thurs 19 Nov, 3.30-6.30pm, The Hub C.C. Latin, ballroom, jive and line, to live music, with tea, coffee and biscuits provided. For more information call under way on **020 7476 4080**. Free entry.

WOMEN'S INSTITUTE CHRISTMAS FAYRE

The Christmas spirit is coming to Forest Gate, as the local branch of the Women's Institute hold a Christmas Fayre in the Methodist Hall on Woodgrange Road, E7 on Saturday 21 November. Held between 1-5pm, the fayre is perfect for the whole family to enjoy, and there's a heap of activities for children. A fancy dress parade with the theme of 'Santa's Little Helper' will get underway at 2pm, and there will also be a craft corner, face painting, henna and a children's magic show at 3pm.

TRY SOMETHING NEW... MUSIC AND LIGHTS

If you want to brighten up your evening on Saturday 28 November, visit the A13 underpass in Canning Town from 6pm to 11pm.

The Brick Box arts organisation are staging Little Light Nights, an interactive evening of live performances featuring music, storytelling and puppets all using and themed around light. The event is free and open to all.

The activity is part of the UNESCO International Year of Light celebrations.. For details visit **www.thebrickbox.co.uk**

Indicates free sessions

Libraries unless stated

UNDER-FIVES

Toy Library
Introducing toddlers to borrowing toys. Thurs, 10.30-11.30am, Beckton

Rhyme Time
Tues, 10.30-11.15am, North Woolwich

Storytelling
Mon, 10.30-11.15am, Custom House; Mon 11am-12noon, Tues 10-11am, Beckton; Tues 10-11am, Thurs 2-3pm, Plaistow; Tues 10-11am, Sat 11.30am-1pm, Green St; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am, The Gate; Tues 10.30-11.30am, Thurs 9.45-10.45am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park

Stay and Play
Support for parents and carers to develop their child through play. Mon, Tue and Thurs 11am-12noon, Sat 11.30am-1pm, Green St; Tues, 9.30-11.30am, Jeyes C.C; Tues, 10am-12noon, Grassroots; Weds 10am-12noon, Sat 11am-1pm, Stratford; Thurs, 1.30-3.30pm, Jack Cornwell C.C

Music and Movement
Sessions for parents/carers and children. Mon, 10.30-11.30am, Grassroots

Music and Rhyme
Tues, 10.30-11.15am, Custom House

Baby Sensory Sessions (0-13 months) *1st Thursday of the month 10-10.45am, Beckton*

YOUNG PEOPLE

Board Games Club (7-13yrs)
Play chess, Checkers, Ludo, Pictionary and more. Tues 4-5pm, Fri 4-5pm, Stratford;

Tues, 6.30-7.30pm, Thurs, 5-6pm, Green St; Thurs, 4-6pm, Custom House; Thurs, 4.30-6pm, North Woolwich; Sat, 2.30-4pm, Manor Park

Games Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and more. Mon, 3.30-5pm, Plaistow; Tues, 3.30-5.15pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; Fri, 6-7.30pm, Green St

Froud Young Project (7-16yrs)
Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C

Arts and Craft Workshop (5+yrs)
Mon 4-5pm, Sat 1-2pm, Green St; Tues, 4-5pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich

Young Readers Club (7-12yrs)
Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich; Fri, 3.30-4.40pm, Green St

Children's Movie Matinee (0-13yrs)
Sat 3.30-5.30pm, Green St

Let's Start Sewing (7-16yrs)
Beginner sewing classes. Sat, 12noon-3pm, Woodman C.C. Woodman St, E16. Email theteam@kefoundation.org.uk

Spanish Club (7-14yrs)
Weds, 4-5pm, Beckton. Email vane_macia@hotmail.es

East Ham Youth Zone
Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Homework Club
Term time only. Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Weds, 3.30-5.15pm, Manor Park; Thurs, 4-6pm, Plaistow; Sat, 10.30am-12.30pm, The Gate; Fri, 3.30-5.30pm, Canning Town; Fri, 4-5pm, Beckton; Fri, 4-5.30pm, East Ham; Sat, 2-3.30pm, Green St

Cartoon Club
Starts Mon 16 Nov, 3-4pm, Green St

Countries Culture Club
Weds, 5.30-6.30pm, Green St

Kids Dance
Sat, 5.30-7.30pm, Green St

Rosetta Art Workshop (5-12yrs) Thurs 12 Nov, 11am-12.30pm, Canning Town

Multi Games (6-12yrs)
Mon, 5-6pm, Green St

Handwriting Practice
Tues, 4-5pm, Green St

Interactive Learning
Tues, 5-6.30pm, Green St

ACTIVITIES AND SUPPORT

Afternoon tea
Tues, 4-5.30pm, Canning Town

Chess Club
Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate

Coffee Mornings
Mon, 11am-12.30pm, North Woolwich; Tues, 10-11.30am, Beckton; Tues, 11am-12.30pm, Custom House; Tues 10 Nov, 10.30am-12noon, Manor Park; Tues 17 Nov, 10.30am-12noon, Plaistow; Wed 18 Nov, 10am-12noon, East Ham; Thurs, 10.45am-12noon, Canning Town; Thurs 12 Nov, 10am-12noon, Stratford

Do It Online (18yrs+)
Six-week or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon, East Ham; Tues 10am-12noon, Plaistow; Mon, 10.30am-12.30pm, Manor Park; Weds, 2-4pm, Stratford; Tues, 11am-1pm, Thurs, 10am-12noon, Green St; Tues, 10am-12noon, Katherine Road C.C; Wed, 10am-12noon, Plaistow; Weds, 1-2pm, Canning Town; Thurs, 2-3pm, Custom House

Knit & Natter (16yrs+)
Weds, 10am-12noon, Beckton; Fri, 10.45-12noon, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Weds, 10.30am-12.30pm, Green St

ICT Surgery
IT advice for all ages. Weds, 10.30am-12noon, Stratford; Fri, 2-4pm, Canning Town

Love Newham app drop-in Learn how to report issues via the app. Mon, 10.30-11.30am, The Gate

ICT Drop-in Session
Set up a My Newham profile and create an email account. Fri, 11am-1pm, The Gate; 10am-12noon, Green St

Deafroots Deaf Club
Opportunity to learn new and exciting things for members including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242778.

Support in Action
Thurs, 12noon-4pm, Jeyes C.C

Get on Target Business Advice Surgery Tues, 12noon-2pm, North Woolwich. Call 07931 576 483 to book.

SpEC Speaking English with Confidence
Mon, 10-11am, North Woolwich; Mon, 10-11am, Plaistow; Mon, 11am-12noon, East Ham; Weds 10-11am, Thurs 10-11am, Green St; Thurs 6-7pm, Stratford; Weds, 10.30-11.30am, Manor Park; Weds, 11am- 12noon, Canning Town; Weds, 11am-12noon, The Gate; Tues, 10.30-11.30am, Custom House; Weds, 10-11am, Beckton

Chai and Chat Women Group (18yrs+)
For women who use mental health service. Weds, 10.30am-12.30pm, Plaistow

Adult Reading Groups
Thurs 19 Nov, 6.30-7pm, East Ham. Email easthamreaders@gmail.com for current book and more information. Sat, 12noon-1pm, Green St. This month's book is Let The Right one In by John Lindqvist. Thurs 19 Nov, 6-7pm, Stratford. Contact library for this month's book.

Rabbits Rd Institute Conversation Club
Thurs, 3-4pm, Manor Park

Together We Can
Fortnightly social group for adults under 50 who have had a stroke. Fri 13 Nov, 2-4pm, Plaistow

Life in the UK Classes
12-week course. Contact 020 8542 3904. Weds, 10am-12noon, East Ham; Weds 12.30-2pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St

Cake Decorating
Weds, 10am-12noon, Katherine Road C.C. Call 020 8522 5772 to enrol.

ESOL for Beginners
Mon, 9.30am-3pm (EL2), Weds, 9.30am-3pm (EL3), Beckton; Tues and Fri, 1-3pm, Plaistow; Tues 9.30am-12noon, Fri 9.30am-12.30pm, Jack Cornwell C.C; Weds and Thurs, 9.30-11.30am, Katherine Road C.C. Call 020 8522 5772 to enrol.

ESOL for Absolute Beginners Weds, 9.30am-2pm, Katherine Road C.C; Weds, 10-11.30am, The Hu

Let's Get Cooking
A ten week cookery course. Free for over-16s. Weds, 10am-12noon, Jack Cornwell C.C.

Grants Surgery
Guidance and information about Let's Get The Party Started and Go for It grants. Thurs 12 Nov, 4-6pm, Manor Park

Safer Neighbourhood Drop-in Fri, 12noon-1pm, Stratford

Get Connected
Bring your laptop, tablet or smartphone and learn how to make the most of your device. Tues, 1-2pm, Green St

Family Movie Club
Sat 4 – 5pm, Green St

Sewing Class
Weds, 10am-12noon, Beckton C.C. £2 per session.

Alcohol Awareness
Thurs 16 Nov, 3-5pm, The Gate

Newham Super Choir
Tues, 10.30am-12noon, Beckton C.C

Ballroom Dancing (18yrs+) *Tues, 2-3pm, Beckton C.C (Free); Thurs, 2.30-4pm, Field C.C (Free); Fri, 8-9pm, Jack Cornwell C.C (£4)*

Slimming World
Mon, 5.30-9pm, Beckon C;C. £5

Mothers Support Group Meeting *Social Action for Health offering support, information and advice to mothers. Tues 10 November 10am-12.30pm, Plaistow*

Interview Skills Practice
Thurs, 5-6pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

Let's Job Hunt
Thurs, 6-7.30pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

COMMUNITY ACTIVITIES

Bumps and Babies (up to 1yr) *A free home-based meet up, Weds, 1-3pm for expectant parents and those with babies. Email newham@nct.org.uk*

Mums2be Meetup
Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email newham@nct.org.uk

Meet and Greet Mums, Bumps and Babies
Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Junior Volunteer Police Cadets (10-12 yrs, term time)
Wed, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

Senior Volunteer Police Cadets (13-17 yrs)
Wed, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

BOXING AND SELF DEFENCE

Modern Arnis (16yrs+)
Tues, 5-6pm, Jack Cornwell C.C

Boxing (Newham College)
Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

Punch Out (16yrs+)
Fri, 4-5pm, Katherine Road C.C

West Ham Boys ABC
Mon, Wed, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614

HEALTH AND FITNESS

Salsa Dancing (18yrs+)
Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

Nordic Walking
Wed, 9.30am. Meet at Field C.C. Not suitable for wheelchairs. Call 07783 660 429; Fri, 6.30-8pm. Meet at Newham Leisure Centre, E13; Sun, 10-11.30am. Meet at East Ham Leisure Centre, E6

Tai Chi Class
Fri, 10-11am, Beckton C. C Fridays 10-11am

Let's Yoga
Thurs, 6.30-7.30pm, Grassroots, £5; Sat, 10am-12noon, Jeyes C.C, £1; Wed, 7-8pm, Jeyes C.C, £1; Thurs, 7-8.30pm, Field C.C, Free

Singing for Health
Church of God, E12. Tues, 1.30-3pm. Free to over-50s.

SalsaPam Zumba (11yrs+)
Mon 6.30-7.30pm, Thurs 6.30-7.30pm, Queens Rd West C.C, E13. £5 per session or £25 for one month pass

Zumba fitness
Mon and Weds, 7-8pm, £5 and £4 for second class. Vicarage Ln C.C, Govier Cl, E15. Call 07500 898 665

50+ ACTIVITIES

Get Active, Get Healthy – Walk to the Park
Mon, 10.30-11.30am, Manor Park

Newham Striders
Daily walking group. Call 0300 124 0123.

Bingo (50+yrs)
Mon, 12-1pm, Beckton C.C; Mon, 12-4-pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN
Faith based group with cultural activities. Fri, 12noon-2pm, Jeyes C.C

Active & Connected
Social group for gay and bi men. Last Thursday of each month. For info call 020 7791 2855

Active Centre 50+ Group
Weds, 12noon-4pm, Field C.C

Dominos Group
Fri, 6-10pm, Field C.C

Chair Based Yoga
Tues, 12.30-1.30pm, Manor Park

Fifty Plus Men's Group
Tues and Thurs, 2-5pm, Katherine Road C.C

Forever Young
Enjoy community activities and make new friends. Wed, 11am-1pm, Beckton; Wed, 10.30am-12.30pm, Field C.C.

Pilate Classes
Tues, 9.30-10.30am, Field C.C

Happy Living Club
Indoor and outdoor activities for over 50s. Tues and Weds, 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club
Wed, 12.30-1.30pm, Manor Park

Exercise for Fitness
Thurs, 10.30-11.30pm, Manor Park

Get Active, Get Healthy
Ten-week programme of workshops about health and wellbeing. Thurs, 10.30am-12.30pm at Hamara Ghar, 412-422 Green St E13. Thurs, 1-2pm (women), 2.30-3.30pm (men), Katherine Road C.C. Email CN.GreenStreet@newham.gov.uk or call 020 3373 0857 for more information

Walking Football
Tues, 10-11am, Prior Park E6 1QH. For more information email dgheerawo@westhamunited.co.uk or call 07803 210 299.

Soca Aerobics
Fri, 3-4pm, Grassroots C.C.

Age UK East London Nordic Walks (18+) *Tues, 9.30-10.45am, meet at Age UK East London Newham Branch, 655 Barking Rd, E13 Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20. Call 07989 938 242*

Young at Heart Bingo Club *Mon, 12noon-4pm, £1. Jeyes C.C*

Ballroom Dancing *Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £4. Call 07761 209 463*

Tea Dance
Wed 18 Nov, 1-3pm, St Mark's C.C. £1.50

Steel Pan Music Therapy
For people with learning and physical disabilities, Dementia and stroke. Fri, 12-2pm, Beckton C.C

GREEN

Green Gym
Weds, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

Green Volunteering
Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club
Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes Gardening Club
Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

Grow Together Be Together Community Gardening Club
Wed, 10am-1pm. Sat, 1pm-3pm Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

Caravanserai Garden Volunteering Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

Community Gardening
Tues, 10am-12pm, Beckton C.C

DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)
A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

Gym & Basketball (14yrs+)
Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

Stunt & Tumble (14yrs+)
Thurs, 7.30-9pm, £5, Talent Cheer & Dance, Gallions Reach, Armada Wy, E6. Call 07866 612 610

Stunt and Tumble (14yrs+)
Thurs, 7.30-9pm, £5, Talent Cheer & Dance, Gallions Reach, Armada Wy, E6. Call 07866 612 610

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yrs)
Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

Female Boxfit (14yrs+)
Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

Girls Football (11-16yrs)
Tues, 4-5.30pm and Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

Girls Group Cycling (11-15 yrs)
Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Just Play (14yrs+)
Wed, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

Women's Martial Arts (16yrs+) Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250

Female Only Gym Sessions
Mon, 3-4pm, 16-25yrs. Mon and Wed, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball
Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529

Julie's Mums On The Run
Wed, 10-11.30am, £5, or bring a friend and pay £4 each. Abbey Ln Park, E15. Call 07961 374 772

Zumba fitness with Jess
Thurs, 10.15-11.15am, Stratford, £4. Call 07884 951 484

Abs Blast (11-15yrs)
Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Female Only Zumba
Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292 902

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)
Multi sports for disabled young people. Wed, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

Athletics (8-18yrs)
Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

Get Fit for Free
Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

Sensory Play (U5yrs)
Wed, (term time) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi.ferron@oliverthomas.newham.sch.uk or call 020 8821 0997

Swim for Families Dealing with Autism
Wed, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Support In Action (18yrs+)
Indoor and outdoor activities, advice and support. Thurs, 12noon-4pm, to Jeyes C.C

Family Swims
Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

RUNNING

Beckton Park Run
Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

Run England
£2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Wed, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at cark park). Call 07718 394 874.

West Ham Park Run
Sun, 11am. Meet at Central Park Keepers Lodge, E6. Call 020 8257 4505

East End Road Runners
Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647.

SPORTS

Mini Tennis
Tues, 4-5pm, and 5-6pm, East Ham Leisure Centre, 4-8yrs; Thurs, 4.30-5.30pm and 5.30-6.30pm, Newham Leisure Centre, 4-8yrs and 8-16yrs. £50 for 10 sessions. Email michelle.daniel@ activeNewham.org.uk

Indoor Tennis Mon, 6-8pm, Lee Valley Hockey & Tennis Centre, £3. Pre-booking essential, email michelle.daniel@activeNewham.org.uk

Fencing with Newham Swords Tues, 6-9pm, Thurs, 6-9pm, Fri, 7-10pm. Classes for adults (18+), and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898

Cricket (14yrs+)
Tues, 6-8pm, Newham Sixth Form College, E13. Call Ratheesh on 07476 269 226

Lister Table Tennis Satellite Club (11-25yrs)
Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call Shiri on 07888 830 179

Indoor Cricket (8-16yrs)
Wed, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@ activeNewham.org.uk

Black Arrows Badminton Club
Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

Ramgharia Badminton Satellite Club (11-25yrs)
Weds, 6.30-8pm, Newham Sixth Form College, E13. £2. Email ramgarhia.bc@gmail.com

Newham and Essex Beagles Athletics Club
Mon and Wed, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Wed, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessexbeagles.co.uk

BMX (6-16yrs)
Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

Mini Tennis Courses (4-16yrs) *Tuesdays: 4-5pm, 5-6pm, East Ham Leisure Centre, 324 Barking Road, London, E6 2RT. Thursdays: 4.30-5.30pm, 5.30-6.30pm, 6.30-7.30pm, Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD. Saturdays: 4-5pm, 5-6pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sundays: 12-1pm, 1-2pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741293513*

Adult Tennis (16+)
Saturdays: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sundays: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741293513

FOOTBALL

AIR Football (16yrs+)
Tues, 1-3pm, Fri, 10am- 12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics
Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports
Mon, 4-5.30pm, Newham Leisure Centre, E13. Wed, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League
U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)
6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks
Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football
Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

BASKETBALL

Basketball & Multi Sports
Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12

Basketball Sessions
Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League
Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16. Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball
Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme
Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

Youngbloods Basketball
All sessions cost £1. All at St Angela's School, E7, unless stated. U12yrs, mixed, Sat, 1-3pm, East Ham Leisure Centre, E6. U13/14yrs boys, Mon, 6-8pm and Wed, 4.30-6pm. U13/14yrs girls, Mon, 4.30-6pm and Wed, 4.30-6pm. U15/16yrs boys, Tues, 6-8pm. U17/18yrs boys, Mon and Wed, 8-10pm Call 07958 307 657

Basketball (15yrs+)
Thurs, 6-8pm, Newham Sixth Form College, E13. Free to Yr10/11 students and NewVic students. £2 for others. Call Jermaine on 07876 874 191

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless otherwise stated
Tues 10 Nov, *Newham Partnership – Employment and Enterprise Partnership, 3pm*
Tues 10 Nov, *Crime and Disorder Scrutiny Commission, 7pm*
Tues 10 Nov, *Health and Social Care Scrutiny Commission, 7pm*

CONTACT THE MAYOR

Here to Help sessions
Please register by attending the venue 30 minutes ahead of the advertised time.
Thurs 12 Nov, *10am, Canning Town Library, Barking Rd E16.* ***Tues 17 Nov****, 5pm, Newham Town Hall, Barking Rd E6.*

Telephone Surgery
Wed 11 November. *Call 020 8430 2000 between 9.30-10.30am and leave your details, and the Mayor will call you back.*

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe *1 Kingsford Wy, E6*
Canning Town *Barking Rd, E16*
Custom House *Prince Regent Ln, E16*
East Ham *328 Barking Rd, E6*
Green Street *337-341 Green St, E13*
The Gate *6-8 Woodgrange Rd, E7*
Manor Park *685-691 Romford Rd, E12*
North Woolwich *5 Pier Parade, E16*
Plaistow *North St, E13*
Stratford *3 The Grove, E15*
Archives and Local Studies *020 3373 6881*
Community Outreach *020 337 30813*

LEISURE & SPORTS VENUES

Balaam Leisure Centre *14 Balaam St, E13*
East Ham Leisure Centre *324 Barking Rd, E6*
Newham Leisure Centre *281 Prince Regent Ln, E13*
NewVic *Prince Regent Ln, E13*
UEL SportsDock *Docklands Campus, University Wy, E16*

COMMUNITY CENTRES (C.C)

Beckton Community Centre *14 Manor Wy, E6, 020 7511 1214*
Field Community Centre *147 Station Rd, E7 020 8536 2800*
Grassroots Centre *Memorial Park, Memorial Ave, E15 020 3373 0650*
The Hub *123 Star Ln, E16 020 3373 0750*
Jack Cornwell Community Centre *Jack Cornwell St, E12 020 8553 3459*
Jeyes Community Centre *1 James Cl, E13, 020 8548 9788*
Katherine Rd Community Centre *254 Katherine Rd, E7 020 8548 9825*
St Mark's Community Centre *218 Tollgate Rd, E6 020 7511 1214*
Vicarage Ln Community Centre *Govier Cl, E15, 020 8519 0235*
The Well Community Centre *49 Vicarage Ln, E6, 020 7586 7070*

All listings may be subject to change. Please contact individual events and activities before attending.

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Most of Newham's libraries will open until **8pm from 9 November.** Read all the details on:

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